



ALEX QUON/FOR METRO

**MEANWHILE
IN HALIFAX**

Syrian men serve up hope for newcomers to our city

metroNEWS

Travel to the U.S. now? No thanks

RESTRICTIONS

Born in Iran, Halifax woman plans to avoid heading south



Jen Taplin
For Metro | Halifax

A Halifax woman with a dual citizenship can't even think about travelling to the United States right now.

News of the American travel ban shocked Nikki Jafari. Born in Iran, Jafari was raised in Turkey and moved to Canada as a child, settling in Halifax.

She said she used to travel to the U.S. a lot but not anymore. "Now I'm just sick thinking

about it," she said.

Friday the U.S. State Department said Canadians with dual citizenship and citizens from Iran, Iraq, Sudan, Somalia, Syria, Yemen and Libya would be denied entry for the next three months. But on Saturday the Prime Minister's Office sent out an assurance that Canadians with dual citizenships wouldn't be denied entry to the U.S.

"It was really sad because you always feel like it puts back progress, all these years of progress just wiped out in just one decision."

"It creates so much conflict for real people," she added. "We had a friend of ours who recently got married and for their honeymoon they were going to the U.S. and they had to cancel their honeymoon. Every-

day people who have nothing to do with all this craziness, their lives are what get affected."

Jafari said she thinks President Donald Trump is unfairly targeting these seven countries. It also feels like the world isn't remembering the lessons it learned about hate and intolerance, she said. It's very sad, she said, that it seems

everyone is watching but not doing anything.

"All it's going to do is create more hate, more conflict, more division and it's just going to effect regular people. The rich will get richer," she said. "It's just all so sad, when you think about the wars all over the world it's just the innocent people that pay the price for what the governments decide."

Plus Donald Trump's administration: Muslim ban

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'My life, just more intense'

SPORTS

Gavin Tucker gears for UFC here at home, in Halifax



Jonathan Briggs
For Metro | Halifax

Mixed martial arts fighter Gavin Tucker has used a combination of kicks, punches, and wrestling techniques to defeat all nine fighters he's faced in the extreme combat cage.

With each opponent he's conquered, Tucker has gotten one step closer to the pinnacle of the sport, the UFC.

On Feb. 19 at the Scotiabank Centre — exactly six years after his first fight in 2011 — the 30-year-old from Halifax via Ship Cove, N.L. will make his UFC debut on his home turf against Sam Sicilia of Spokane, Wash.

"I train hard anyways, I just ramped up the intensity. I had a feeling I was going to get called," said Gavin Tucker. "I train all day, all the time anyway, it's my life, just more intense."

Tucker is bringing in reinforcements to help prepare, including Muay Thai specialist Kru Ash from Montreal. He's worked with UFC fighters Patrick Côté and



"I train hard anyways, I just ramped up the intensity."
Gavin Tucker.

Gavin Tucker, left, trains at Titans Fitness with sparring partner Koko as his coach Kru Ash looks on. JEFF HARPER/METRO

Georges Saint-Pierre.

A five-foot-seven featherweight (145 pounds) Tucker trains out of Titans Fitness Academy in Halifax

and takes pride in reaching the pinnacle of MMA while staying in Nova Scotia.

"I think it says a lot about the

resources that we have and the kind of mindset that goes along. Halifax is a tough city, a hard city, and I'm right here in the heart of

it. I think it says more about this place than it does about me. This place has fostered my dream."

Tucker originally came to Nova

Scotia to study jazz and would split his time between training and music, going back to Newfoundland every summer to play in the Stephenville Theatre Festival. He's put away the guitar and is completely focused on entertaining in the octagon.

His Extreme Cage Combat win against Chris Coggins on July 23, 2016, which brought his record to 9-0, was his first fight in over a year after knee surgery for a torn meniscus. It was his second major surgery after a shoulder injury in 2013 kept him out of fights for two years. Despite the setbacks, the southpaw kept training, showing up to the gym with a sling on his left arm while working on his right jab.

"You don't get it if you stop halfway. You don't come so far just to hang it up. Plus I enjoy what I'm doing. Even if there wasn't a fight coming up, I'd still get out of bed and train every day."

Tucker also monitors his diet closely and has been vegan for a year. He says it helps control his weight, a major advantage when it comes to cutting weight for fights.

As he prepares for his UFC debut, Tucker remains unfazed by the spotlight.

"I'm on a bigger stage with bigger lights, nothing changes for me."

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CRIME

Human remains found in blazing truck



Philip Croucher
Metro | Halifax

Human remains have been found after a truck and home became engulfed in flames in a Nova Scotia community.

The RCMP say they were called to a home in East Walton, Hants Co. in regards to a blaze around 11 p.m. Saturday.

Police say human remains

were found inside a vehicle that was also on fire at the scene. They note a 57-year-old East Walton man is now missing, but couldn't confirm Sunday if he was the person whose remains were found.

The Nova Scotia Medical Examiner is working with police to identify the dead person.

"I had two trucks on scene when I got here, came over the top of the hill and the house

was fully engulfed," Walton Fire Chief Danny Patterson said in an interview Sunday. "The truck was in flames also."

Patterson said the firefighters were solely focused on "an exterior attack" of the dwelling and were unable to perform a rescue inside because of the nature of the fire.

He said no one else was injured during the fire and no one else was inside.

WITH FILES FROM TC MEDIA



When I got here, the house was fully engulfed. The truck was in flames also.

Walton Fire Chief Danny Patterson



Ahmad Alhraki, Rafaat Harb and Allah Alhraki serve customers at the Halifax Seaport Farmers' Market on Saturday.

ALEX QUON/FOR METRO

Syrian trio 'humbled by kindness'

BUSINESS

Upcycling food project opens in farmers' market



Ameeta Vohra
For Metro | Halifax

A new, special vendor has moved into the Halifax Seaport Farmer's Market.

Piece of the East opened for business earlier this month. It is owned by a trio of Syrian men who have resided in Halifax for six months.

They came up with the idea while volunteering with Parker Street Food Bank as part of their language course curriculum requirement at Westwood Resource Family Centre.

"One of the boys Ahmad was sorting one day," recalled the Piece of the East founder Sylvia Gawad. "They were throwing away stuff that was about to go bad and he said, 'I wish we could upcycle those and make something; I could make such good jam out of this.'"

"I was like 'why not, let's do it.'"

Overall, the goal is to empower newcomers through upcycling food waste into delicious delicacies such as jam, coconut bread as well as Middle Eastern sweets such as Gurabi and Baklava.

"Piece of the East is made to create jobs, to bring a Middle Eastern twist to the Halifax food scene while moving on the pillars of sustainability, entrepreneurship and em-

+ LAUNCH

For now, Piece of the East is soaking in the community's warm reception.

"When you see a community come together and make this project launch, then you know you are home," expressed another co-owner, Ahmad Alhraki. "What a wonderful feeling to see all the support and drive from the HRM community."

powering newcomers," she said.

Gawad says it's truly a community project as Saint Mary's University helped out with connections, Parker Street Food Bank gave a platform to educate newcomers about sorting food and Hope Blooms provided the kitchen to make products.

"I was nervous when we set foot in the market," said co-owner Alla Alhraki. "Are we going to make it? What if we don't?"

"Then, we sold out so thanks to Nova Scotia; we are humbled by your kindness."

While they are ecstatic of the community's reaction, the owners have set their sights on major goals.

"We are hoping to have our own warehouse, sorting facility and certified kitchen but at this point we are looking for community support to raise funds and to increase the organizations that give us the food products," Gawad added.

Now is the Time!

The Halifax Regional School Board wants to hear from you



Dave Wright, Chair
Halifax Regional School Board

This past fall, the Halifax Regional School Board initiated a process to look at the future of 17 schools in the Auburn Drive/Cole Harbour District High School communities.

We know that those who work, live and play in these communities are the right people to provide the advice and insight we need to make informed decisions that best reflect the interests of students and families.

That's why we have asked members of the community to come together to form a School Options Committee. This volunteer committee will engage the public in important discussions to explore ideas that will lead to recommendations to my colleagues and I on the Governing Board.

Our goal is to make decisions that are right for each community.

Now is the time to share your voice. You know your community best and what will help it thrive. Share that information with us by participating in the next public meeting. Bring your children, friends and neighbours!

Dave Wright, Chair
Halifax Regional School Board

Second Public Meeting:

Wednesday, February 1, 2017*

Graham Creighton Junior High

72 Cherry Brook Road

6:30 p.m. - 9:00 p.m.

**Alternate date due to weather:
Monday, February 6 (same time)
Cole Harbour District High School*



www.hrsb.ca

Changing attitudes about aging

HEALTH

Meg Federico helps elderly stay physically, mentally strong



Jen Taplin
For Metro | Halifax

In Meg Federico's mind there is just one thing standing between older adults and a nursing home: getting out of a chair.

It's something she drives home every time she teaches a chair fitness class at Spencer House, a south end Halifax seniors' drop-in centre.

"One of the exercises we do is get up out of a chair and we can do that 30 times. It's like we're looking to create a new Olympic category we just don't know what to call it, maybe rise and shine?"

Her jokes are also a major part of her class to the delight of the eight regulars who have been getting up, down, and back up again for about two years.

"The atmosphere here is you can't do anything wrong. Everybody can do it."

The 61-year-old wasn't always a seniors fitness guru. For years she was a stay-at-home mother of three who wrote for the Halifax Daily News and several other publications.

She also wrote a book about her experiences looking after her mother who remarried at 80, lived in New Jersey and had dementia. Federico never expected much out of it, but in 2009 her book *The Departure Lounge: Adventures in*



Meg Federico helps the elderly reconnect with their bodies while gaining agility, strength and balance during her chair fitness class. JEFF HARPER/METRO

“There is one thing standing between you and a nursing home: it's your ability to get out of a chair. Meg Federico

Mothering Mother was published and it was a hit. But Federico had a hard time with the success and the exposure of intimate details of her life.

"It made me realize how out of control a piece that leaves your hands is. It takes a life of its own."

That experience, coupled with developing vision prob-

lems, prompted her to back off from writing. Instead she took extensive training and became an older adult fitness specialist and personal trainer at SMUfit.

She wanted to use her knowledge of seniors in a different way and also change attitudes about aging. Federico said she found how very little

people know about aging.

"They think it goes like this: baby, toddler, child, teenager, adult, dead. That's it. But there's a whole bunch of stuff between adult and dead that people are really not aware of."

As people age, they feel like their bodies are betraying them. She said they feel their bodies are ugly and weak, and they don't work the way they used to so people ignore them.

So she volunteers with the chair fitness class to help people reconnect with their

bodies while gaining agility, strength and balance.

"I think people come to the class because it's fun. We have a good time and we do stuff with balls where I have a narrative about walking up a hill and picking apples. It's very goofy, it's not serious."

It's fun, but it also serves a serious purpose and Federico doesn't pull any punches about it.

"Here's what happens if you don't take care of yourself: other people have to lug your body around and take care of you. That's the conse-

quence and one that cannot be avoided," she said.

+ NOMINATIONS

Each week, we will profile an unsung volunteer hero in our community as part of Halifax Heroes. To nominate someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or Tweet @metrohalifax using the hashtag #HalifaxHeroes



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Donald Trump's administration: *Muslim ban*

Voices from across Canada

As the reality of President Donald Trump's sweeping immigration order sinks in, dual Canadian citizens and refugees remain anxious and on edge. The order temporarily bars the citizens of seven predominantly Muslim nations — Iraq, Syria, Iran, Sudan, Libya, Somalia and Yemen — from entering the United States. **METRO CANADA**

OTTAWA

Amin Asadollahi, climate change lead at the International Institute for Sustainable Development in Ottawa, travels for work and said despite those assurance he is going to be cautious about travelling.

"Am I no longer able to do that? Do I have to teleconference in?" He said. Asadollahi said the U.S. policy change was so swift he finds it hard to predict what the administration might do next.

CALGARY

Yusra Alshakh was planning to visit her family members that live in the U.S., but the it was explained to her that was not an option for the next few months at least. She said she feels devastated she might not get to see her mother or sister. "To see these people blanket labelled as terrorists — it's unbelievable," she said.

VANCOUVER

Vancouver resident and entrepreneur Wyle Baoween just returned from an annual family vacation in Hawaii and had planned to attend meetings in Seattle, but says the recent travel ban has shaken his optimism.

"I was frustrated. You feel like you have no power to change anything," he said.



Edmonton's Saghar Sobhani
CONTRIBUTED



Toronto's Bayan Khatib
EDUARDO LIMA/METRO



Vancouver's Wyle Baoween
JENNIFER GAUTHIER/FOR METRO



Calgary's Yusra Alshakh
ELIZABETH CAMERON/FOR METRO

EDMONTON

Saghar Sobhani — who was also born in Iran and forced to flee — now lives in California, where he studies aerospace engineering. Sobhani said she and her boyfriend met as refugees living in Turkey, where she had fled after persecution in Iran.

WINNIPEG

Azita Fazelkhan, a 29-year-old from Iran who has been in Winnipeg on a student visa since September 2014. She's working on a PhD in electrical engineering at the University of Manitoba and had planned to attend a scientific conference in New Orleans in February. The travel ban means she will likely have to cancel a trip she and her Iranian boyfriend spent months planning.

QUEBEC CITY

'Barbaric violence' at mosque

Quebec City police say there have been fatalities at a shooting incident at a mosque in the provincial capital.

Unconfirmed reports varied in number of casualties, but news service Reuters was reporting that five people were dead.

Police said two suspects were in custody.

A live video feed on a Facebook page of a mosque showed images of multiple police vehicles and yellow police tape.

Public Safety Minister Ralph Goodale tweeted Sunday he is deeply saddened by the loss of life, his office says no motive has been confirmed.

Quebec Premier Philippe Couillard reacted on Twitter by calling it "barbaric violence."

"All our solidarity is with those who are close to the victims, the injured and their families," he said.

The mosque in question had a pig's head left outside the building last June.

THE CANADIAN PRESS

NEW BRUNSWICK

Military sent in to help after massive ice storm

New Brunswick's premier says the military is sending between up to 150 troops to help with recovery efforts in areas hit by last week's ice storm. Brian Gallant said Sunday soldiers will assist local authorities by going door-to-door to check in on residents, clear debris and distribute water and other essentials. THE CANADIAN PRESS

Restrictions clarified



Federal Immigration Minister Ahmed Hussen said Sunday he's been assured Canadian citizens and permanent residents can travel through the United States as usual, even if they also hold citizenship in one of seven coun-

tries President Donald Trump targeted in an executive order.

Trump's order over the week-end banned citizens from Iraq, Iran, Syria, Libya, Somalia, Yemen and Sudan from travelling to the U.S., but Hussen said he has received assurance from officials that dual-Canadian citizens and permanent residents with a valid card would not be stopped.



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Donald Trump's administration: *Muslim ban*

Advocates 'in crisis mode'

RESISTANCE

Lawyers struggle, protesters rally as White House clamps down

President Donald Trump's immigration order sowed more chaos and outrage across the country Sunday, with travellers detained at airports, panicked families searching for relatives and protesters registering opposition to the sweeping measure that was blocked by several federal courts.

Attorneys struggled to determine how many people had been affected so far by the rules, which Trump said Saturday were "working out very nicely."

But critics described widespread confusion, with an untold number of travellers being held in legal limbo because of ill-defined procedures. Lawyers manned tables at New York's Kennedy Airport to offer help to families whose loved ones had been detained, and some 150



Protesters carry signs in Lafayette Park near the White House during a demonstration to denounce President Trump's executive order. ALEX BRANDON/THE ASSOCIATED PRESS

Chicago-area lawyers showed up at O'Hare Airport after getting an email asking for legal assistance on behalf of travellers.

"We just simply don't know

how many people there are and where they are," said Lee Gelernt, deputy director of the American Civil Liberties Union's Immigrants' Rights Project.

Advocates for travellers say the chaos is likely to continue. The executive director of National Immigration Law Center, Marielena Hincapié, said "this is

just the beginning."

"We're really in a crisis mode, a constitutional crisis mode in our country, and we're going to need everyone," she said. "This is definitely one of those all-hands-on-deck moments."

Protests continued across the country Sunday. Demonstrations first erupted Saturday, a day after Trump signed the order banning travel to the U.S. by citizens of Iraq, Syria, Iran, Sudan, Libya, Somalia or Yemen. The president also suspended the U.S. refugee program for four months.

Standing in sight of the Statue of Liberty and Ellis Island, demonstrators on Sunday packed New York City's Battery Park to demand an end to President Donald Trump's ban on travellers from seven majority Muslim nations. The crowd gathered Sunday near the ferries that carry visitors to the statue and the island, the place where 12 million people entered the U.S. in the golden age of immigration. They carried signs saying "America was built by refugees," and "Muslim ban is un-American." THE ASSOCIATED PRESS

Global reaction

UNITED KINGDOM

Prime Minister Theresa May does "not agree" with Trump's order and will challenge the U.S. government if it has an adverse effect on British nationals, a spokesman said. AP

GERMANY


Chancellor Angela Merkel is convinced that even the necessary, resolute fight against terrorism doesn't justify putting people ... under general suspicion," a spokesman said. AP

NETHERLANDS

Far-right groups applauded the restrictions and said they should be used as a model for the continent. Populist Geert Wilders said in a tweet: "it's the only way to stay safe + free." AP


ITALY

"What Trump's doing on the other side of the ocean, I'd like it done also here," said Matteo Salvini, leader of the anti-immigrant Northern League said. AP



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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION Is it polite to decline a destination wedding invitation from a work friend you wouldn't invite to your own wedding?

Dear Ellen,

A work friend of mine got engaged over Christmas, and invited me to the wedding. I was surprised because I love working with her, but we don't really see each other outside of work, and honestly if I was getting married I don't know if I would invite her. The only problem is the wedding is in Jamaica, which is pretty far from Calgary. So it will be expensive to go, and it's in May. I might be tempted to go and make a holiday of it if it was winter here, but it doesn't make sense to go in the spring-summer. I feel bad about not going, but also a little mad that she expects me to pay for a big trip like this. Is it polite to decline the invitation?

Saskia

Dear Saskia,

According to the most recent statistics I could find in a one-minute Google search, more than 160,000 Canadian couples are getting married this year, and, according to Weddingbells.ca, one in four will choose to have destination weddings.

Which means a lot of wedding guests will be shelling out for trips to fulfil someone else's fantasy instead of spending their hard-earned dough on their own pre-planned holiday.

Expecting guests — especially ones such as yourself who aren't close to the couple outside of work, and have no personal connection to the family — to commit so much time and money to their wedding can definitely seem unreasonable.

On the other hand, consider the possibility of mitigating factors. Is the bride inviting other people from work? If so, she may have thoughtfully included you



rather than risk your feeling excluded. Is she or her partner originally from Jamaica? If so, they might justifiably want to get married there. Is she actually from Calgary, but going to Jamaica because she hates her local friends and relatives and wants to discourage them from attending? In that case, you can decline the invite with a

clear conscience.

As I've pointed out in previous columns, weddings make all kinds of sensible people lose their minds. And the rest of us should go along, as much as possible within reason, in the name of love and friendship.

But that doesn't mean we have to bend to demands we find unacceptable or un-

affordable. Simply send your regrets, no explanation necessary, and follow up with a thoughtful gift. If she complains or tries to pressure you, chalk her bad manners up to wedding madness, and try not to hold it against her.

Need advice?
Email Ellen:

scene@metronews.ca

NADINE YOUSIF

Why Trump's Muslim ban really hurts



I made plans to visit New York City over the month of February. Like most Canadians, I did this without a second thought. After all, crossing the border down south is easy for us. Shopping trips in New York State, winter breaks spent in Florida, or a visit to countless U.S. cities to see family and loved ones are common occurrences for Canadians.

Suddenly, my plans came to a halt under Donald Trump's so-called "Muslim ban," all because of my place of birth. I am an Iraqi-Canadian who was born in Baghdad. My family came to Canada 10 years ago, and I currently hold dual citizenship from both countries. As my plans were halted, so was an embodied sense of safety and security that I've held within me since I've immigrated to Canada.

Being Iraqi in today's age already comes with its own challenges — waking up every day to news of massacres back home with the imminent fear of family members being lost, while dealing with the constant desensitization people seem to hold towards tragedies in the Middle East, is never an easy task.

But as an Iraqi-Canadian, I always held a sense of hope and a better future for my family and me. I am constantly grateful for the opportunities and support Canada has given me, while still being proud of my Iraqi identity — a fact I proudly display through a giant Iraqi flag that sits in my bedroom.

When news emerged that dual citizens from the seven countries outlined in Trump's ban are now barred from entering the U.S., the same Iraqi identity I held so dear felt like it was now reduced to an identity of a second-class citizen.

Prime Minister Justin Trudeau reassured the public by stat-

ing that Canadian dual citizens can still enter the U.S. with no problems, but the damage has already been done for countless Canadians like me.

This Muslim ban has taken hopes of new experiences, re-connecting with family and loved ones, and the simple freedom of will away from us, while reinforcing an idea that we are merely to be looked at as suspicious, criminals, and untrustworthy.

It is hurtful to know that despite being a citizen of Canada and having visited the U.S. on multiple occasions for the better part of the last six years, freely crossing the border can suddenly be taken away from me, simply because of my place of birth — a fact that cannot be controlled. It is hurtful to know that the possibility to see my grandparents, aunts, uncles, and cousins in the U.S. could diminish at any moment for no reason, and for matters that are beyond my control.

But overall, the most hurtful part is the promotion of the negative and false rhetoric that surrounds Arabs and Muslims in part by this ban, all while many fleeing serious danger are now being denied a chance at life.

For now, I may be able to cross the border in February, but this incident has left those like me to live in a constant state of fear and confusion due to blatant racism.

I know that I, for one, will not be able to cross the U.S.-Canada border under Trump's America without the constant fear of prosecution. And no innocent person, regardless of any place of birth or citizenship, should ever feel that way.

Nadine Yousif is a fourth-year journalism student at Carleton University, editor of the campus paper, the Charlantan and a dual Iraqi-Canadian citizen.

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HEADLINE

COFFEE

Mountainous taste

Colombian Excelso takes coffee lovers to new heights

By: Sean Deasy



Juan Valdez and his trusty mule Conchita; fictional characters that embody Colombian coffee.

For many of us the mention of Colombian coffee summons the enduring vision of coffee farmer Juan Valdez and his trusty mule.

And with good reason.

We've seen the ubiquitous fictional character since the late 1950s in everything from TV and magazine advertisements to logos and stamps (pictured, above) as the iconic symbol of the National Federation of Coffee Growers of Colombia. It seems the Colombians made decent coffee at the midway point of the 20th Century and invested heavily in spreading the word.

"Colombian was the most popular coffee [back in the day] because they had the best marketing," says Eric Shabsove of Mountain

View Estates Coffee. "They rode that marketing campaign for a long time, even when the quality of the coffee wasn't as good as some neighbouring countries."

But that has all changed, says Shabsove, whose Toronto-based roastery imports coffee from around the globe. "Colombian coffee is the real deal now: great coffees with the perfect balance and acidity. You can light roast or dark roast the beans, or you can put them in blends. And it's a washed coffee so it's also a very clean cup – quite enjoyable to drink both in the morning and afternoon."

Shabsove is not alone in his admiration for Colombian java. The prevailing belief among coffee aficionados is that Colombian coffee is once again a leader in world coffee. And a great deal of its resurgent success, understandably, stems from where the beans are grown. In this case, Excelso Coffee is from the state of Huila in south-western Colombia.

Huila a good cup

The area is incredibly diverse in terms of climate and landscape: the southern part of the region grazes the Andes Mountains, which helps create an unprecedented growing capacity.

Most coffee-producing countries only harvest once a year – some are fortunate enough to harvest twice. Not so in Huila, which is near the equator, boasts near-perfect weather, and sits at a considerably high altitude. "This coffee is unique because of the weather and the altitude and the Andes Mountains nearby," says Shabsove. "They harvest this coffee almost all year round."

There's such an abundance of trees that some will go dormant. "But when you've got this kind of soil and this kind of weather, you'll have flowers beside coffees that are beautiful

cherries. That's just what's amazing."

That's also why the beans are handpicked, says Shabsove. "Because you could have a flower, you could have a green bean and you could have a red cherry ready to go, so you have to pick each one separately."

What does Huila's diverse climatic conditions and fertile soil mean for coffee lovers? Quite simply: a variety of high-quality, well-balanced beans with near-perfect acidity.

It's produced in a micro-lot structure, where producers pick the ripe cherries, which are then washed, dried and processed into dry parchment. The product is then sent to a central hub where the coffee is sorted for quality and readied for export.

Ultimately this coffee is destined to leave a very good taste in your mouth.

Cadefihuila cares

Who are the growers behind Colombian Excelso coffee? The Cooperativa Departamental de Caficultores del Huila, or Cadefihuila, for short.

Cadefihuila was established in 1963 by just 19 members with the goal of uniting the many small coffee producers in the region. Their mission? To increase their members' income, attempt to solve social and economic problems, and protect against an instable coffee market.

Their numbers grew considerably in the 1990s, as producers from other areas of Huila joined the group. This created the large and multi-departmental co-op that Cadefihuila is today. The co-op now comprises 4,000 members from 25 municipalities across the state.

In 2014 the organization became Fairtrade certified, which has fortified their mission to support their members in shaping a

sustainable future for their business. They are able to offer the best possible price to their coffee producers, as well as provide technical services, farming products and access to international markets. The organization continues to grow and remains committed to becoming a world leader of specialty Colombian coffees, in particular.

Their many social initiatives have turned heads in the industry. "They have scholarships for the children of the producers, that's one area that they focus strongly on," says Shabsove. "They also do a lot of medical projects for their members and the people that participate in production. So they do a lot of good things for the people and Fairtrade helps them as well."

Fairtrade impacts

Certainly the Fairtrade premium is an asset. Investments have been made in training on environmental criteria and on how to farm sustainably without damaging the ecosystem's biodiversity. One notable project is currently underway to renovate the plantations to combat la roya (leaf rust disease).

Cadefihuila has also made great progress in providing coffee infrastructure, such as drying and milling facilities, to their members. The intention is to develop infrastructure further and upgrade water treatment systems. The group has also developed a business and marketing strategy for their coffee.

The co-op now has two technical assistance teams – one for agriculture and the other for environmental sustainability. Training in crop management to boost quality and yields has already resulted in higher production levels.

A certain Colombian coffee grower, standing alongside his four-legged companion, could hardly be blamed for beaming with pride.

HEADLINE

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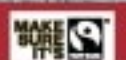
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Lisa Wright
Torstar News Service

Rowena Chan knows all about the so-called "déjà-boom" effect from relatives, friends and the usual water-cooler chatter among colleagues.

But it's also a growing part of her business. The phenomenon of grown kids boomeranging back home has become a big issue when it comes to baby boomers planning for retirement, says Chan, senior vice-president, TD Wealth Financial Planning.

According to a recent TD survey, the boomerang effect is in full swing, as a growing number of millennials continue to lean on their parents or grandparents for financial support — or to get their old room back.

In fact, almost 60 per cent of young adults ages 20 to 24 were living with their parents in 2011, according to the most recent census data, while one quarter of 25- to 29-year-olds were living with their parents that year.

And Statistics Canada says the trend has been steadily increasing since 1981.

One in four Canadian boomers admits to supporting their adult children or grandchildren, says the TD study.

"The people ready to retire in 10 or 15 years, they want their children to have a good start," she says, adding, "It may derail them a bit" from their retirement goals.

The survey found that 62 per cent of the baby-boom generation feels that supporting their offspring into adulthood is preventing them from saving enough for retirement, and 58 per cent reported feeling financially stressed by the situation.

"As a parent or grandparent,

There goes the retirement dream

Nearly two-thirds of boomers say supporting adult children is preventing them from saving for retirement



ISTOCK

it's natural to want to help our kids and grandkids, who may be facing financial challenges such as finding full-time employment or paying their day-to-day expenses," Chan says.

"It's important that this desire to help is balanced with the goals you have when it comes to retirement," she notes.

The trend is not going unnoticed by boomers' children, either.



Almost half (44 per cent) of millennials report that they're fully aware of the financial stress the situation places on

“It's natural to want to help our kids and grandkids who may be facing financial challenges

Rowena Chan, senior vice-president, TD Wealth Financial Planning

mom and dad, with 43 per cent of millennials saying they are willing to cut costs before asking for their parents' help.

Experts say that retirement goals are still within reach. Meeting with a financial planner and doing a goals-based assessment is key to determining what the options might be for parents who are supporting kids while keeping their retirement plans on track.

\$ LIVING TOGETHER

Negotiate the return

Discuss how everyone can contribute to the household budget and operations. For example, parents may be able to cover basics such as room and board, but expenses such as cellphone bills, car payments, and recreational activities could be covered by the kids. Also, consider having everyone pitch in to the costs of running the day-to-day operations and dividing the household chores.

Prepare to relaunch

Whether it's a newly married son and his spouse and child, or a daughter who recently graduated and has moved back home, there are plenty of opportunities to educate all family members on the importance of being fiscally responsible and working toward financial independence. Use a financial planner who has experience working with multi-generational family dynamics.

Decide when to release

As everyone maps out their action plans, identify a date when you will no longer be financially committed to each other. As you approach this date, set up a series of mini-goals that will allow parents or grandparents to free up funds to divert toward retirement savings, while ensuring that the kids are meeting the savings targets they set.



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WHY I LIKE MY JOB

Ian Hamilton, 41, anesthesia technician, Nova Scotia Health Authority, Halifax

I had been a paramedic for about 10 years and was looking for a change.

As a level-three paramedic, I knew I'd be pretty competent at anything in the operating room (OR) that had to do with anesthesia, so I thought it'd be a good fit.

(I took an) anesthesia course offered by the Maritime Business College; it was the first year they had outsourced it from the hospital, which used to run the program in house on an on-demand basis. We learned the basics in class, and then part of the program is a six month, full-time apprenticeship in the OR.

(My job entails) a lot of different things depending on what service I'm working for, like orthopedics, cardiac or neurosurgery.

One of our prime responsibilities is making sure the anesthesia machine is running properly and has the equipment and gases connected. Then I'll speak with the anesthesiologist and find out if he had any concerns about the case, such as airway concerns, which might require special tools. I then help the anesthesiologist and monitor the equipment during surgery.

I like my job because the OR is like a great big family, especially in anesthesia. I've worked in emergency and pre-hospital for so many years, but I really didn't get the same feeling. It's also nice to be surrounded by people who are way smarter than you. Everybody is really there for the same common reasons and we work well together — the teamwork is outstanding.



THE BASICS:

Anesthesia technician

\$50K

Median annual salary for an entry-level anesthesia technicians, though salaries are dependent on experience and education level.

+14%

Projected rate of job growth over the next 8 years.

Data for this feature was provided by maritimebusinesscollege.ca, cas.ca, ontariocolleges.ca, cnetonline.org and algonquincollege.com.

HOW TO START

In Canada, anesthesia technicians or assistants are a relatively new field, and most usually have some prior training as either a nurse, respiratory technician or paramedic. Some colleges — such as London, Ontario's Fanshawe and the Maritime Business College — offer specialized programs. Hospitals may also offer on-the-job training. Those looking at post-graduate courses may be required to have a respiratory therapy advanced diploma or a nursing degree, as well as 4,000 hours of experience. In class, technicians are taught the science and theory behind anesthesia, as well as train under an anesthesiologist to learn how to administer the drugs.

WHERE YOU CAN GO

Because of their advanced training, anesthesia technicians and assistants are sought after across Canada, though not all hospitals employ them. Most major hospitals in Canada will have at least some technicians or assistants on staff. Beyond the OR, there are opportunities in diagnostic units, post-anesthesia care units, emergency rooms, intensive care and child birth centres.

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Somalia-born Olympic champion Mo Farah says the U.S. travel ban "seems to have made me an alien" and unsure if he can return to his U.S. home

Tavares' wish for Olympics

HOCKEY

Canuck star would love to return but NHL has other ideas

John Tavares' first Olympics proved to be "bittersweet."

Though he ultimately captured gold with Team Canada in 2014, Tavares didn't get to play in the gold-medal game against Sweden because of a knee injury. "Well, personally I would love to go again," said Tavares during all-star weekend in Los Angeles.

Whether he'll get that chance again is unclear and looking increasingly grim. The NHL remains reluctant to commit to attending the next Games in South Korea with deputy commissioner Bill Daly stating Saturday: "If the status quo remains I don't expect us to be in the Olympics."

The NHL's board of governors met Saturday and spent about 10 seconds on the Olympics, according to commissioner Gary Bettman. The governors have expressed increasing angst against players returning to a sixth consecutive Games, opposed to shutting down their season in Feb-

ruary for an event which they believe lacks in tangible benefit. Those players who have been hope they'll reconsider.

"I would love to go there (again)," said Sergei Bobrovsky, the Columbus Blue Jackets net-minder who represented Russia on home soil in 2014. "I think still it's the biggest competition in the world."

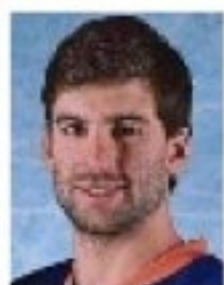
Bobrovsky said the history of the event couldn't be replicated.

"To represent your country it's a huge honour," he added.

Beyond the logistical hurdles that shutting down for the Olympics requires — a compressed schedule and greater risk of injury — the NHL isn't convinced that attending actually benefits the league in the big picture. There was evidence, they've said, of an impact when the Games were in Salt Lake City (2002) and Vancouver (2010), but not so much when they took place outside of North America in Nagano (1998), Turin (2006) and Sochi (2014).

Beijing in 2020 certainly has appeal with its massive audience, PyeongChang far less so. The owners also weren't pleased when the International Olympic Committee said it would no longer subsidize the involvement of NHL players as it had since 1998.

"I think big-picture there's a lot of challenges to it," Tavares said. "But at the end of the day I think we as players love representing our countries and best-on-best hockey doesn't happen very often." THE CANADIAN PRESS



John Tavares
GETTY IMAGES



Metropolitan Division's Wayne Simmonds, right, of the Philadelphia Flyers, scores against Atlantic Division goalie Carey Price, of the Montreal Canadiens, during the NHL hockey All-Star game, Sunday. JAE C. HONG/THE ASSOCIATED PRESS

NHL

Simmonds stars as Team Crosby bests Team McDavid at All-Stars

Sidney Crosby got the best of Connor McDavid in Sunday's NHL all-star game. The Crosby-led Metropolitan division all-stars topped McDavid's Pacific division squad 4-3, capturing not only the three-on-three affair but a US\$1 million prize that will be split among the players.

Philadelphia Flyers winger Wayne Simmonds scored the go-ahead goal and eventual game-winner in his first all-star game. Seth Jones, Justin Faulk and Cam Atkinson also scored for the victors. Crosby was ultimately held

SUNDAY in Los Angeles

4	3
METRO DIV.	PACIFIC DIV.

without a point. McDavid scored his team's second goal on a break-away and later appeared to give them a 4-2 lead, but the goal was ruled offside. Atkinson quickly tied it, battling a second attempt by Mike Smith. He was followed by Simmonds, who rifled a one-

timer past Smith.

Joe Pavelski and Bo Horvat also scored in defeat for the Pacific division. McDavid and Crosby have been compared all weekend in Los Angeles, starting with Wayne Gretzky's assertion that the 20-year-old McDavid was "chasing" his 29-year-old counterpart for best-in-the-game status.

McDavid also noted of Crosby: "He's the best player in the world by far." McDavid leads the NHL with 59 points this season, just ahead of Crosby's 55.

THE CANADIAN PRESS

QM/JHL

Somppi shines on the road for Herd

Jonathan Briggins
For Metro | Halifax

Three goals in three games by Otto Somppi helped the Halifax Mooseheads pick up four of a possible six points during a tough but successful Quebec road trip.

The Finnish centre had a shorthanded goal and two assists as the Herd opened things with a 5-4 win against the Drummondville Voltigeurs on Friday. The next night, his marker late in the third period was the game winner in a 2-1 contest against the Sherbrooke Phoenix.

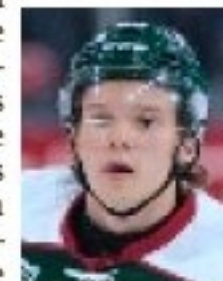
On Sunday, Somppi found the back of the net again as Halifax fell 5-4 to the Rimouski Oceanic.

"We thought Otto took a step forward this weekend. He played in a lot of key situations," said assistant coach Jon Greenwood. Somppi plays on both special teams units and leads the team in the faceoff circle, highlighted by winning 15 of 19 draws against Drummondville. Greenwood said Somppi's contribution gives the Mooseheads two balanced lines with Nico Hirschier in the middle of the top unit.

"We always trust we're going to get that production from Nico and if we start getting it now from Otto, it makes our team a lot more dangerous," said Greenwood. The Herd played with a shortened bench for the last two games of the road trip. Hirschier had an assist and was named the first star in the win over Drummondville before leaving for Quebec City to captain Team Orr in the CHL/NHL Top Prospects Game on Monday.

Jared McIsaac was suspended for Saturday's game and Raphaël Lavoie is suspended indefinitely after a hit to the head of Drummondville's Nicolas Beaudin.

Rookie forward Caleb Hill was one of the reinforcements, picking up his first QMJHL point in his 18th game on Saturday.



Otto Somppi
JEFF HARPER/METRO

GOLF

Spaniard Rahm wins by 3 at Torrey Pines

Jon Rahm of Spain added his name to the burgeoning list of young stars Sunday with his big game and a big finish at Torrey Pines.

Rahm made two eagles over the final six holes, the last one a 60-foot putt from the back fringe on the par-5 18th hole for a 5-under 67 to win the Farmers Insurance Open by three shots for his first PGA Tour victory.

Rahm, who turned 22 in November, beat Phil Mickelson's mark as the youngest champion



Jon Rahm
GETTY IMAGES

at this tournament. He also became the first player in 26 years to capture his first PGA Tour title at Torrey Pines. Rahm finished at 13-under 275, three shots ahead of Charles Howell III (68) and C.T. Pan of Taiwan, who had a 70.

THE ASSOCIATED PRESS

IN BRIEF

Streifel beats Armstrong, takes junior women's title

Alberta's Kristen Streifel topped Ontario's Hailey Armstrong 5-3 on Sunday to capture the women's Canadian junior curling championship in Victoria.

Streifel and her team of vice-skip Chantele Broderon, second Kate Goodhelpsen and lead Brenna Bilassy will represent Canada at the world juniors in South Korea next month.

THE CANADIAN PRESS

AFRICA CUP OF NATIONS

Egypt sinks Morocco to make semi-finals

The fallen giant of the Africa Cup of Nations is rising again as Egypt became the final team on Sunday to force its way into the semifinals amid late drama.

The record seven-time champion, held back by years of political upheaval back home, returned to the last four for the first time since 2010 with an 87th-minute winner over Morocco in the last quarter-final in Gabon. Mahmoud Kahraba hooked in a volley in a goal-mouth scramble at the end,

SUNDAY in Gabon

1	0
EGYPT	MOROCCO

giving the Egyptians a 1-0 win. Egypt joined Ghana as quarter-final winners on Sunday, after Ghana's 2-1 win over Congo.

Burkina Faso and Cameroon progressed to the semifinals on Saturday. THE ASSOCIATED PRESS

Roger wins as rivalry reignites



Roger Federer raises the Norman Brookes Challenge Cup on Sunday in Melbourne.
SCOTT BARBOUR/GETTY IMAGES

AUSTRALIAN OPEN

Swiss veteran tops nemesis Nadal for 18th major win

So here was Roger Federer, down a break in the fifth set in a Grand Slam final. Across the net was his nemesis, Rafael Nadal, the left-handed Spaniard he hadn't been able to beat in a major final in almost a decade.

The 35-year-old father of four was back in his first tour-level tournament after six months off letting his injured left knee recover, and he hadn't won any

of the big four events in tennis since Wimbledon 2012. Nadal was returning from injury, too, and somehow the pair had renewed the Roger-Rafa rivalry in a throwback Australian Open final that transcended sport.

At that moment, an 18th Grand Slam title didn't feature in Federer's thinking.

Don't play the player, he reminded himself, just play the ball. Attack the serve.

With that, Federer recovered the break, and seized momentum in a roll of winning 10 consecutive points that helped

propel him to a 6-4, 3-6, 6-1, 3-6, 6-3 win late Sunday night. His fifth Australian title extended his buffer to four atop the list of all-time Grand Slam champions. Nadal remained tied with Pete Sampras in second place with 14.

35

By winning in Melbourne, Federer became the oldest man since Ken Rosewall in 1972 to win a slam.

"For me it's all about the comeback, about an epic match with Rafa again," Federer said, "... that I can still do it at my age after not

having won a slam for almost five years.

"That's what I see. The last problem is the slam count —

honestly, it doesn't matter."

Federer had lost six of the previous eight Grand Slam finals he'd played against Nadal and was 11-23 in their career meetings. His last win over Nadal in a major final was at Wimbledon in 2007.

"It remains for me the ultimate challenge to play against him," Federer said. "It's super sweet, because I haven't beaten him in a Grand Slam final for a long time now."

"This one means a lot to me because he's caused me problems over the years."

With big wins come big celebrations, Federer said. "We're going to party like rock stars tonight." THE ASSOCIATED PRESS

+ ON SATURDAY

Roger Federer's victory capped a remarkable weekend for 30-somethings.

■ All four singles finalists were 30 or older — after 35-year-old Serena Williams, bottom right, beat her older sister, Venus, in the women's final to capture her Open-era record 23rd Grand Slam title.



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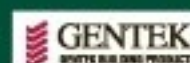


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Date certificate signed: 2016-12-19

Participants

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Name of contractor: EHL Construction Services Inc.

Address of contractor: 2 Lakeside Park Drive, Unit 9, Halifax, NS B3T 1L7

Name of certifier: Housing Services Corporation

Address of certifier: 30 Duncan St., Toronto, ON



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MAKE IT TONIGHT

Spiced Roasted Chicken and Chickpea Traybake



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

- 2 cups cherry tomatoes
- 15 ounce can chickpeas, rinsed
- 1 cup cilantro

Give chicken dinner a little jolt with this Moroccan spice blend and cool dipping sauce.

Ready in 35 minutes

Prep time: 10 minutes
Cook time: 25 minutes
Serves 4

Ingredients

- 5 Tbsp olive oil
- 4 cloves garlic, minced finely
- 1 tsp paprika
- 1 tsp cumin
- 2 tsp salt
- Pinch pepper
- Pinch of red pepper flakes
- 1 cup Greek yogurt
- 6 boneless, skinless chicken thighs

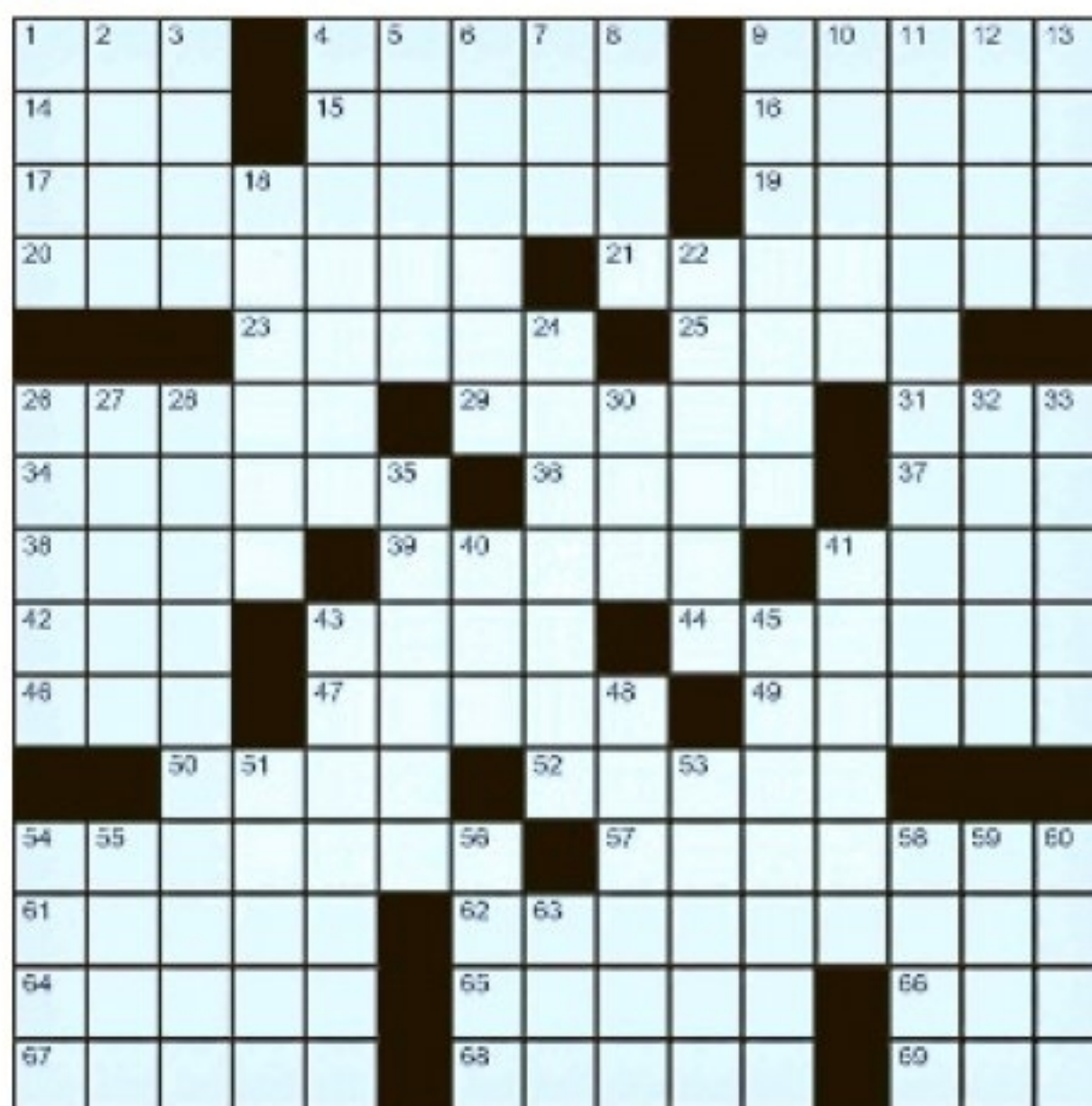
Directions

1. Preheat oven to 450 F.
2. Whisk oil, garlic and spices together. Take 1 Tbsp of the mixture, stir it into the yogurt.
3. In a large bowl, toss the chicken, tomatoes, chickpeas and cilantro with the rest of the oil and spice mixture. Arrange in a single layer on a rimmed baking sheet.
4. Bake for 20 to 25 minutes.
5. Serve with a dollop of the spiced yogurt.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Frequently, short style
4. Weasel kin
9. Spy for Moses
14. Vertical's opp.
15. Gabriel of "Miller's Crossing" (1990)
16. Sheep-like
17. Computer-using accessories
19. Ski run
20. Toughened
21. Those in hot pursuit in movie car chase scenes
23. More dreadful
25. Deli side dish
26. Gilbert and Rue
29. "Same here."
31. Want __ (News-paper notices)
34. Thuds
36. Tense/tight
37. Ink-on-skin pic
38. Cars member Mr. Ocasek's
39. Unexpressed, but understood
41. Ms. Gershon
42. "Yuck."
43. Cummerbund
44. Cause and __
46. Funnyman Mr. Brooks
47. Polynesian amulets
49. Old tales
50. Genesis paradise
52. Type of duck
54. Fiercely feminine big cat
57. Ode on a __ Urn (1819 John Keats poem)
61. "You're in __ of trouble!"
62. "The Age of __" (1993) starring Dan-

iel Day-Lewis and Michelle Pfeiffer
64. " __ Schoen" by Wayne Newton
65. American frontiersman, Daniel __ (b.1734 - d.1820)
66. Office neckwear
67. Found the math sum

68. Trigonometry ratios
69. Not even, numbers-wise

DOWN

1. Electrical resistance units
2. __ the bill
3. 1983 Spandau

Ballet hit
4. Pyramid-topped pillar
5. Computer keyboard user
6. Conducted a transaction in sports or business
7. Terminate
8. Inactivity

9. Cockpit professional
10. Canadian singer Eva
11. Founded in 1972, eponymously-named Canadian cosmetics company: 2 wds.
12. __'acte (Play interlude)

13. Busy bugs
18. Certain cars
22. Shrewd
24. British movie director Guy
26. Theatre curtain fabric
27. Lewis Carroll character
28. Neil Young or Bryan Adams: 2 wds.
30. Mai __ (Cocktail)
32. Dazzle on the ballroom floor
33. Athletic trivia
35. Finishings on backyard decks
40. Get permission
41. Roller coaster ride sensation
43. __ in tradition
45. Defrauds
48. Log into an Internet account: 2 wds.
51. Toronto-born single-named music star
53. Talk in a monotone
54. "Presto!"
55. " __ a wonderful time."
56. The Kardashians, e.g.
58. " __ the Groove" by Madonna
59. __-tongued
60. Require
63. " __ don't." (Retort to "Yes, you do.")

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Start this week gently, because you have been high-viz and talking to lots of people. Today you want to be more lowkey, and that's just fine.

Taurus April 21 - May 21
Important discussions might take place between you and a female acquaintance. This could be about a competition with someone. Why not share your goals with this person?

Gemini May 22 - June 21
People will notice you today. They might discuss the personal details of your life, for some reason. Fear not — people see you in a positive light.

Cancer June 22 - July 23
Explore something new and different today to satisfy your urge to expand your world and learn something new. Grab any chance to travel or talk to people from other backgrounds.

Leo July 24 - Aug. 23
Clean up loose details about shared property, inheritances, taxes and debt, because you will feel better if you do this. Work to get out of debt.

Virgo Aug. 24 - Sept. 23
Be easygoing and accommodating with others today, because that's the easiest way to get through the day. Two weeks from now, you can be demanding — but not today.

Libra Sept. 24 - Oct. 23
You begin this week with a sense of purpose and a desire to get better organized. In fact, you will want to improve your health through exercise and wiser eating. Congratulations!

Scorpio Oct. 24 - Nov. 22
Today you are a Friday person in a Monday world. You would rather play hooky, party or just goof off.

Sagittarius Nov. 23 - Dec. 21
If you can cocoon at home today, you will prefer to do this because you want to hide among familiar surroundings. Family discussions might be significant, especially with a female relative.

Capricorn Dec. 22 - Jan. 20
Today you will trust your hunches more than your logic and intellect. You don't always do this, but sometimes you do — and today is one of those days.

Aquarius Jan. 21 - Feb. 19
If shopping today, you will spend your money emotionally. You will buy what you want, and not necessarily what you need. Been there, done that.

Pisces Feb. 20 - March 20
Because the Moon is in your sign today, you will respond to people around you with heightened emotion. They might not understand this.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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